

I claim:

1. A piercing hygiene system comprising:

a curved blunt insert with two ends, said first end is pointed and said second end is fixed to a spongy elongated material wherein said insert can be inserted through a body piercing pulling the spongy elongated material through a body piercing to clean, debride, and treat the body piercing.
2. A piercing hygiene system as claimed in claim 1, wherein said swab is further configured to deliver at least one treatment selected from a group consisting of antimicrobial, topical anesthetic, flavored saline gel, and essential oil to adjacent tissue.
3. A body piercing cleaning and treatment system as claimed in claim 1, wherein said spongy elongated material is saturated with a substance.
4. A body piercing cleaning and treatment system as claimed in claim 3, wherein said substance is selected from the group consisting of an antimicrobial, a topical anesthetic, a flavored saline gel, and an essential oil such as rosemary, lemongrass, tea tree oil, rosewood oil, and thyme oil.